

Community Seminar

The Jason Foundation, Inc.



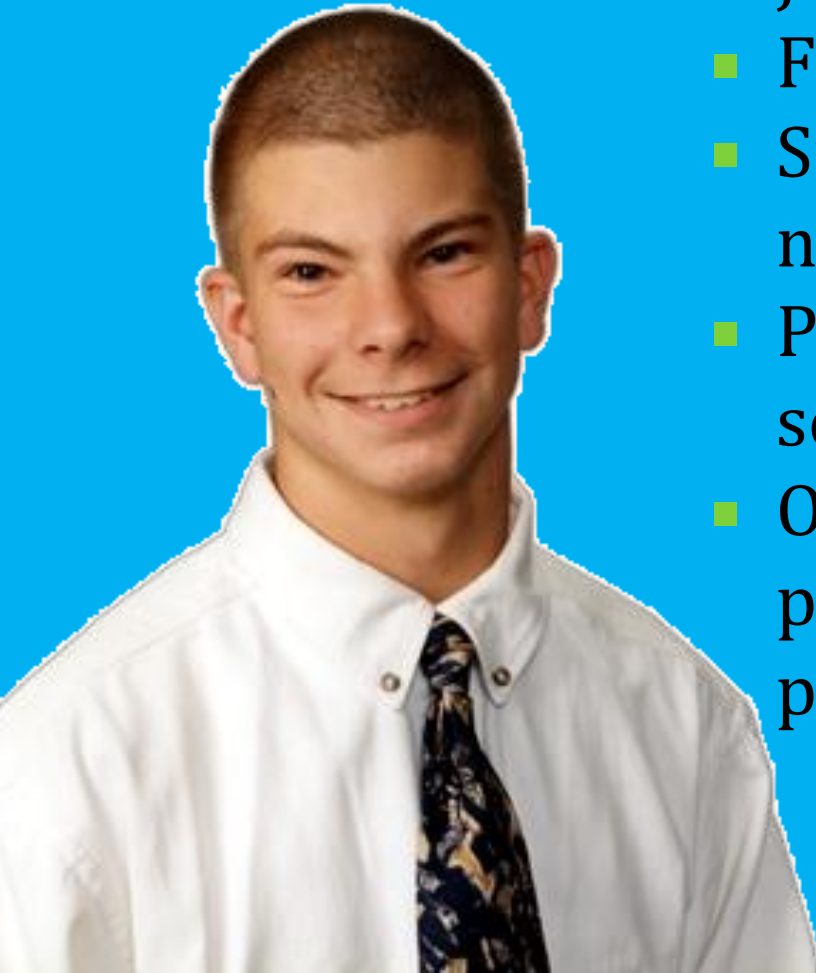


# JFI Mission Statement

The Jason Foundation, Inc. is dedicated to the prevention of the “Silent Epidemic” of youth suicide through educational and awareness programs that equip young people, educators / youth workers and parents with the tools and resources to help identify and assist at-risk youth.



# The Jason Foundation, Inc.



- Jason's story – July 1997
- Foundation began October 1, 1997
- Small beginning to offices nationwide
- Programs in use in all states and several foreign countries
- Over 1.8 million people have participated in one or more programs



# National Affiliates

## *National Community Affiliates*



## *National Corporate and Awareness Affiliates*





# Acadia Healthcare



**A National Community Partner**



# American Football Coaches Association



**National Awareness Affiliate**





# Walmart

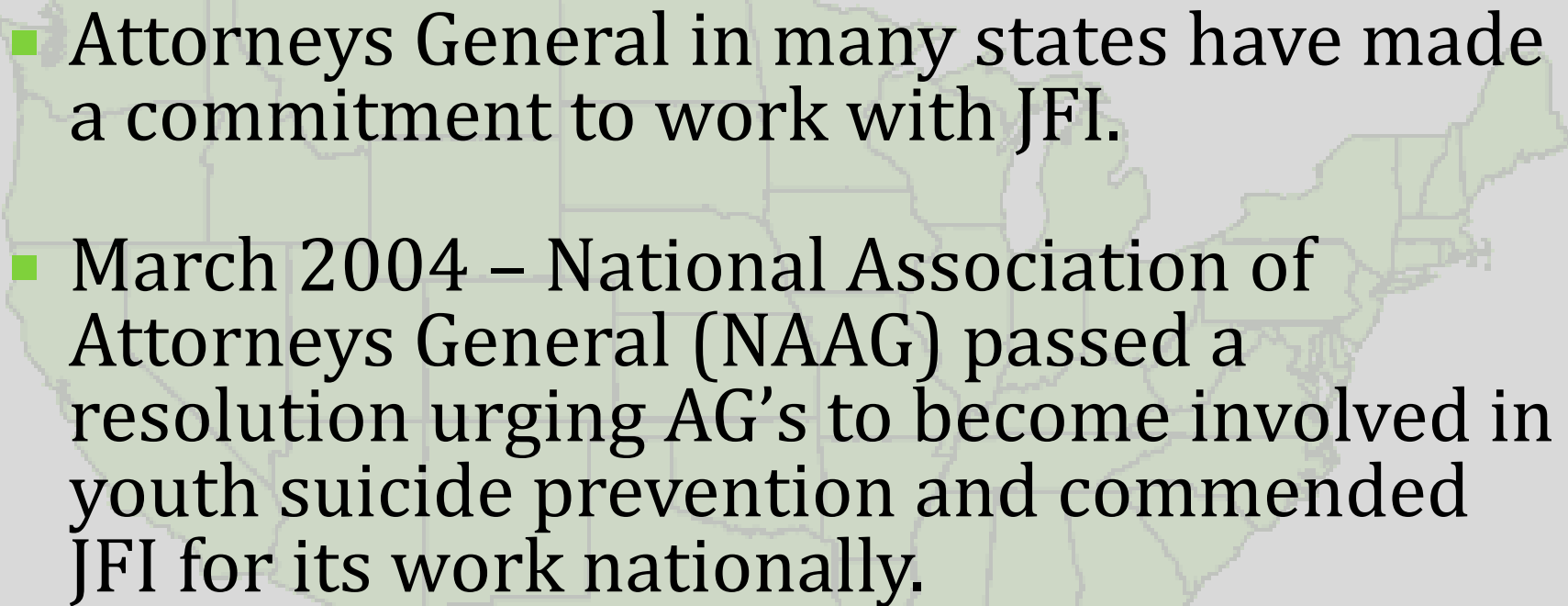


**National Corporate Affiliate**

**Walmart** 



# Attorneys General

- 
- A faint, light green map of the United States is visible in the background of the text area.
- Attorneys General in many states have made a commitment to work with JFI.
  - March 2004 – National Association of Attorneys General (NAAG) passed a resolution urging AG's to become involved in youth suicide prevention and commended JFI for its work nationally.

**National Awareness Affiliate**





# Regional/Local Affiliates

- Crisis Intervention Services
- Behavioral Health Hospitals
- Mental Health Associations
- Community & Professional Organizations
- Corporate – Public / Private Sectors
- Law Enforcement Agencies



# Youth Suicide

“The Silent Epidemic”



# What can you expect today?

- Not meant to make you an expert on youth suicide or a crisis counselor.
- Have an awareness of the problem of youth suicide, learn some signs of concern and risk factors and ways of helping “at-risk” youth.



# The First Step

## AWARENESS

“The prevention of suicide has not been adequately addressed due to basically a lack of Awareness of suicide as a major health problem.”

World Health Organization 2009 Report on Suicide





# In the United States

Each year, how many youth do we lose to  
**suicide?**





Each week in our nation...

We lose approximately  
**100** young people to the  
**“Silent Epidemic”**  
of youth suicide.





Each day in our nation...

An average of over  
**5,200** suicide attempts  
are made by young people  
ages **12-19**.



Fact



Girls attempt  
suicide  
**three** times  
as often as boys.

WHY?



However,

Boys *complete* suicide  
almost **four** times  
as often as girls.

The reason for the  
difference?





# Choice of Means

Historically, girls have chosen **drugs**.  
Recently, girls have shown an increase in  
**suffocation** attempts.



Boys usually choose  
**firearms**, which are  
more lethal.



# Choice of Means

In 2010, the top three methods of suicide for **youth**, ages 10-24, were:

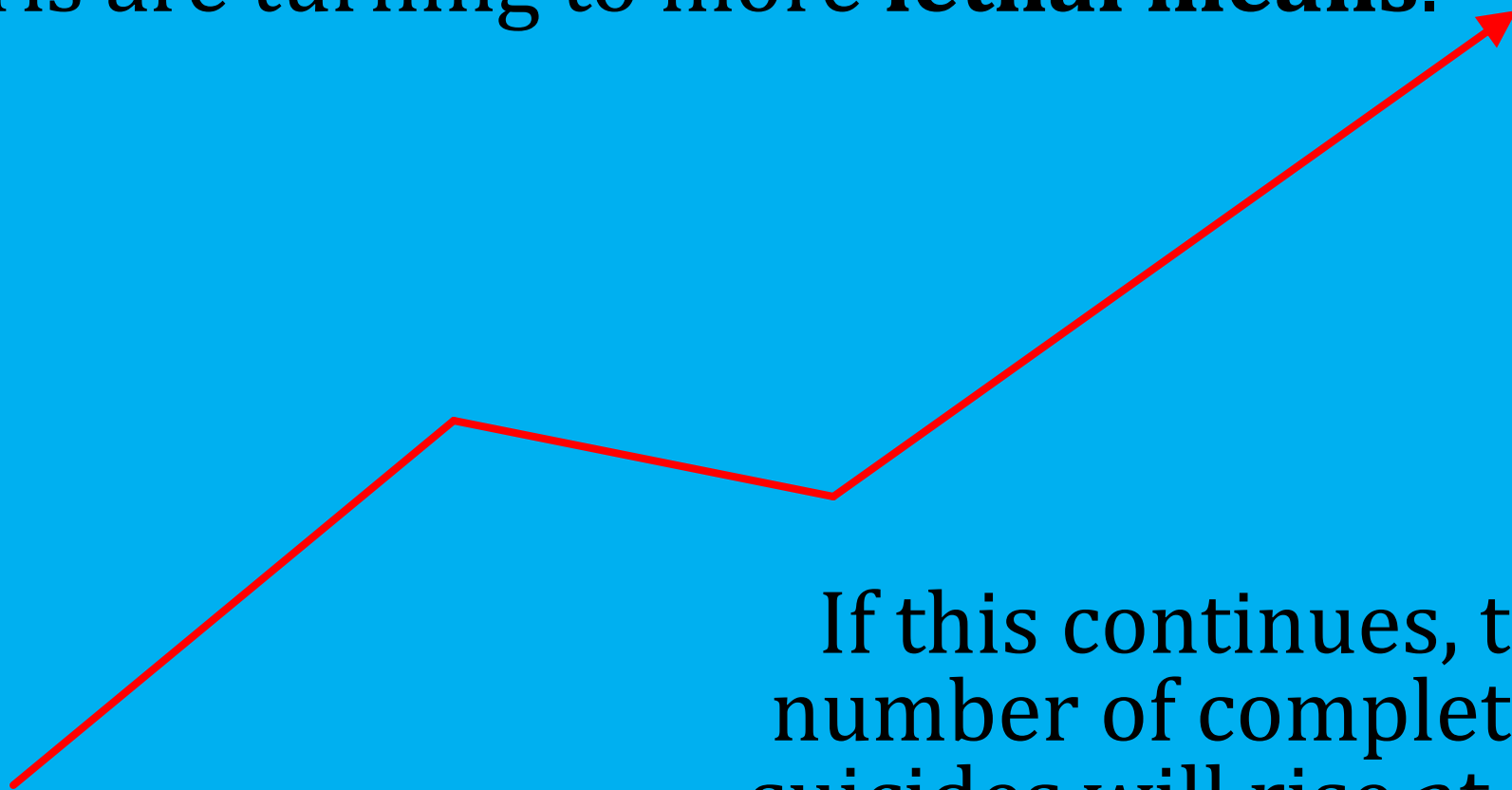
- **Firearms – 43.7%**
  - **Males 48.4%**, Females 23.4%
- **Suffocation – 40.9%**
  - Males 38.2%, **Females 52.5%**
- **Poisoning – 7.8%**
  - Males 6.0%, **Females 15.7%**

A recent trend is that girls are turning to more lethal methods. What does this mean?



# A Recent Trend

Girls are turning to more **lethal means**.



If this continues, the number of completed suicides will rise at an even higher pace.





Fact

Although most gun owners keep firearms for protection / self-defense, **83% of gun-related deaths** in the home are the result of a **suicide**, often by someone other than the gun owner.



Fact

For middle and high school age youth (ages 12 – 18), suicide is the 2<sup>nd</sup> leading cause of death.



Fact

For college age youth (ages 18 – 22), suicide is the 3<sup>rd</sup> leading cause of death.



Fact

Over-all, suicide is the 2<sup>nd</sup>  
leading cause of death for our  
youth ages 10 – 24.

if

In the last 40 years...



Youth suicide  
rates have  
more than  
tripled.



# Did you know?

More adolescents and young adults die  
from suicide than from:

Cancer

Heart Disease

Diabetes

AIDS

Congenital Birth Defects

**COMBINED**



# Youth Risk Behavior Survey

The Youth Risk Behavior Survey (YRBS) covers a broad range of questions concerning behavioral actions and thoughts from our youth.

Every two years, it is presented to public school students in grades 9-12.



# Question 1

“Have you felt sad or hopeless almost every day in a row for two weeks or greater so that it affected your usual activities in the past twelve months?”

**Nationally 28.5%**

Over 1 out of every 4 Students

**Arizona 33.6%**

Over 1 out of every 3 students



## Question 2

“Have you seriously considered suicide in the past twelve months?”

**Nationally 15.8%**

Almost **1** out of every **6** students

**Arizona 18.7%**

**1** out of every **6** students



## Question 3

“Have you made a plan about how to commit suicide in the past twelve months?”

**Nationally 12.8%**

Over **1** out of every **8** Students

**Arizona 16.3%**

**1** out of every **6** students



## Question 4

“Have you attempted suicide one or more times in the past twelve months?”

**Nationally 7.8%**

Over **1** out of every **13** Students

**Arizona 10.3%**

Over **1** out of every **10** students



# The Key to Prevention

**EDUCATION**







# According to Mental Health America

Four out of five *completed* suicides  
gave “*clear warning*” signs  
before the attempt!



That means...

In 80% of suicide attempts, we  
have an *opportunity* to  
recognize the warning signs  
and *intervene!*



# Do Not Normalize

- It is important to remember and share that not everyone is attempting suicide.
  - (Example: 1 out of 13 attempted, but 12 did not!)
- However, we must not understate the impact of a suicide on our youth, families, and communities.
  - It is estimated that each suicide *intimately* affects at least six other people.

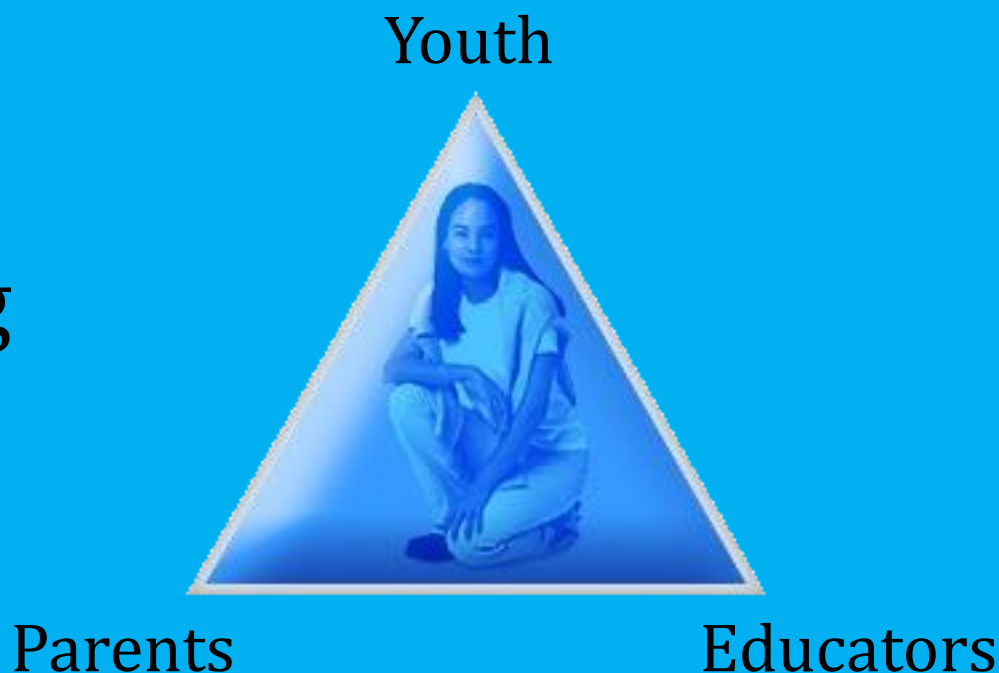
**ONE IS TOO MANY!**



# Triangle of Prevention

An effective program of prevention must include the three main areas of influence in a young person's life:

1. Youth
2. Parents
3. Educators



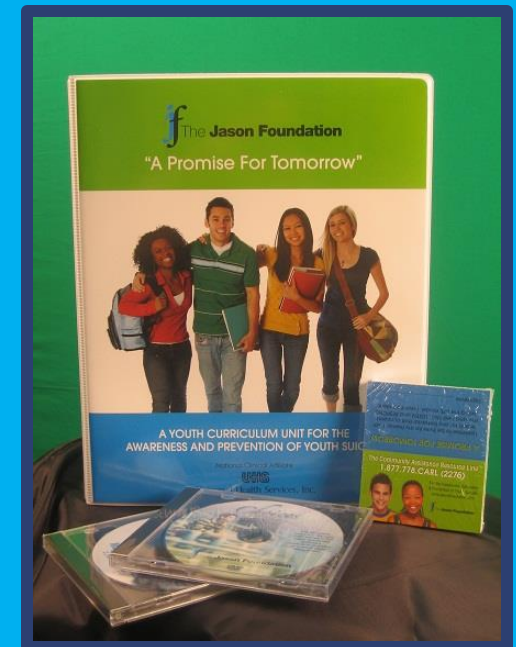


# JFI Programs

- “A Promise for Tomorrow” Curriculum Unit
- B1 Project with Rascal Flatts
- In-Service Training for Teachers
- Parent Seminars / Parent Resource Program
- “A Friend Asks” Youth App
- Community Overview Seminars

# **f** “A Promise for Tomorrow”

A school-based curriculum that provides a 3 to 5 lesson unit in positive peer support awareness and prevention of youth suicide. It stresses how to help a friend who may be thinking about suicide.





# B1 Project



- Rascal Flatts became JFI Ambassadors in June 2010!
- The B1 Project is a collaborative effort of Rascal Flatts and JFI.
- B1 encourages young people to “B Aware, B Able, and B Prepared” for their friends who may be struggling with suicidal thoughts.



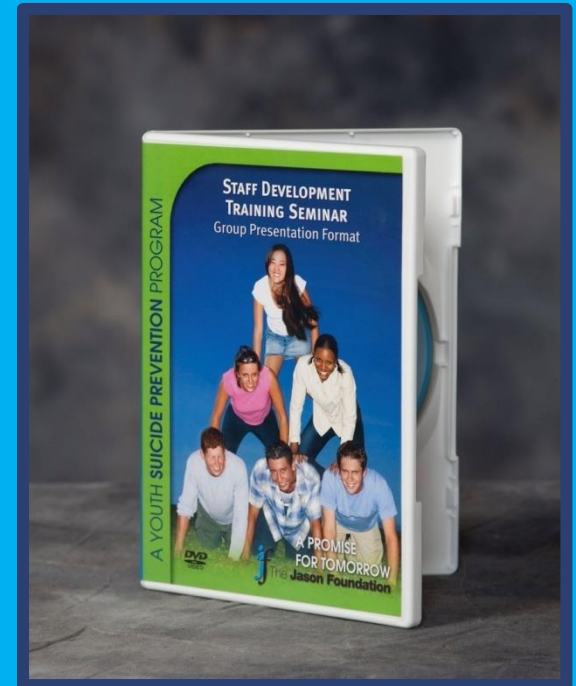
[www.rascalflattsB1.com](http://www.rascalflattsB1.com)



# Staff Development Training

Staff Development Training is available in several formats for teachers, youth workers and anyone who works with young people.

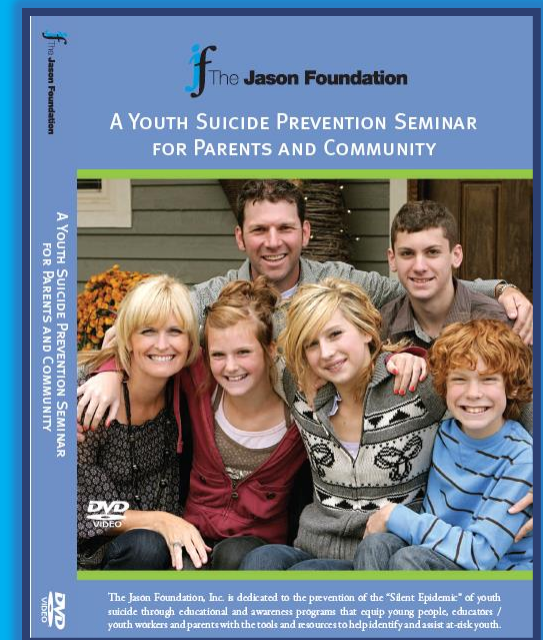
- DVD Format
  - Group presentations
  - Individual study
- Staff Presented Seminar
  - Corporate JFI staff
  - JFI CRC Representative
- Online Training
  - [www.jasonfoundation.com](http://www.jasonfoundation.com)





# **f**Parent / Community Seminar

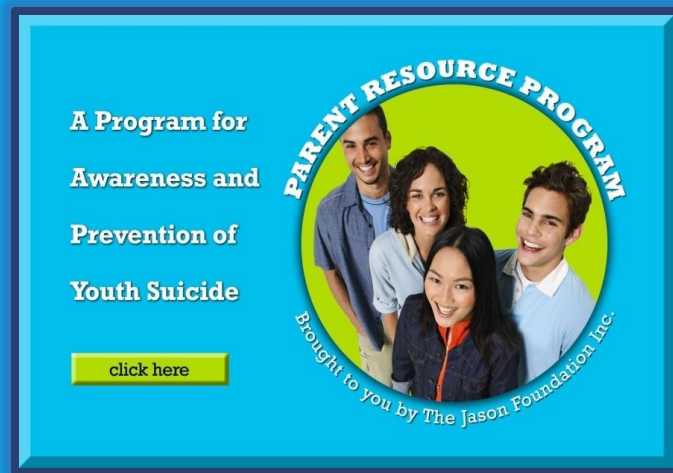
If parents are not aware of the danger of youth suicide, they do not look for nor would they even recognize “signs of concern.” This program helps bring an awareness of the danger while providing practical tools and resources to help a parent identify possible “signs of concern” in their son or daughter. Possible resources for help are also identified and discussed.





# Parent Resource Program

Parent Resource Program – PRP – is designed to provide parents and those who work with youth an educational tool for the awareness of the problem of youth suicide and the resources available to assist at-risk youth.



<http://www.jasonfoundation.com/prp>



# “A Friend Asks”

“A Friend Asks” is a **FREE** smart-phone app that helps provide the information, tools and resources to help a friend (or yourself) who may be struggling with thoughts of suicide.

Download the app today and encourage friends and family to do the same. Education is the key to prevention and with information like this as close as your smartphone; you could help save a life!





# What Can Be Done?

- Increase Awareness
- Dispel Myths
- Educate
- Learn Warning Signs & Elevated Risk Factors

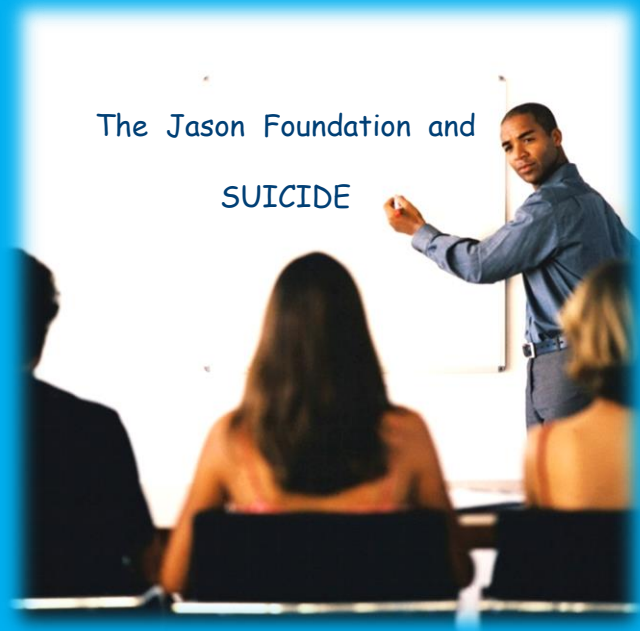




# Increasing Awareness

## Increasing Awareness Through:

- Seminars
- News Media
- Church Sponsored Programs
- Civic Organization Presentations





# Dispelling Myths

- Talking to someone about suicide will give them the idea for suicide.
- Someone who often talks about suicide is not at risk.
- Suicide is impulsive and there is nothing we can do to prevent it.



# Signs of Concern

A general listing by the  
U. S. Surgeon General's Office,  
these are sometimes referred to as

**WARNING SIGNS**



# Remember —

**Many times, signs of concern can be considered part of normal adolescent growth unless:**

- They persist over a long period of time.
- There are several signs evident at once.
- The behavior is “out-of-character” for the individual as you know him/her.





# Signs of Concern

- Suicide Threats
- Previous Suicide Attempts
- Depression
- Out of Character Behavior
- Final Arrangements



\*These are just a very generic listing – if there is even a cause of concern, get professional help immediately.



# Suicide Threats

- “I would be better off dead!”
- “You won’t have me around much longer to bother you!”
- “I wish I was dead.”
- “I am going to kill myself.”  
(This is straight forward, but it happens.)

**Can you think of any other examples?**

- Threats are not always verbal- social media, texting, etc..

# Previous Suicide Attempts

- One out of three completed suicides are not the first attempt by the victim.
- Take even so-called “half-hearted” attempts seriously. These are serious calls for help!
- Never keep an attempt secret from parents/school officials (counselors).



# Depression

- Many experts in the mental health field say that as many as one out of five teenagers in our nation suffer from “clinical depression.”
- Depression in young people often times exhibits itself through “out-of-character behavior.”



# Out-of-Character Behavior

- Abrupt changes in school attendance
- Deteriorating academic performance
- Sudden failure to complete assignments
- Lack of interest and withdrawal
- Sudden changes in appearance
- Changed relationships with friends/classmates
- Increased irritability or aggressiveness
- Preoccupation with death and suicide
- Despairing attitude
- Abrupt changes in eating and sleeping habits



# Final Arrangements

- **Giving away “prized possessions”**
  - Favorite piece of jewelry or clothing
  - Driver’s license
  - Collection – cards, music, etc.
- **“Making rounds”**
  - Visiting friends to set things right and / or say good-bye.
- **Sharing of funeral plans**
  - Primarily by girls to a best friend.



# Important!

It is important to note that these represent a few general signs of concern and are not to be considered a comprehensive list that always indicates suicidal intentions. When in doubt, always seek **professional** help!



# Elevated Risks

Although there is really no suicidal type of young person, the statistics on youth suicide do suggest that there are certain behaviors or characteristics that can alert you to an elevated risk of possible suicidal ideation.







# Elevated Risk Factors

- Perfectionists
- Depressed Teens
- Loners
- Low Self-Esteem
- Changes in School Status
- Abused, molested, or neglected youth
- Bullying
- Gay/Lesbian Youth
- Learning Disabled
- Students in Trouble
- Abusers of Drugs/Alcohol



# What Else Can We Do?

## **Implement Protective Factors:**

- Build strong connections to family and community support
- Develop coping skills for problem solving, conflict resolution and non violent handling of disputes
- Provide easy access to clinical help
- Provide support through ongoing medical and mental health care relationships

# Implement Protective Factors

- Promote effective clinical care for mental, physical and substance disorders
- Restrict access to lethal means
- Cultural and religious beliefs that discourage suicide and support positive self preservation



# Basic Rule to Remember

If you have any doubt of a young person's intentions or any concern about their behavior, get professional help for them ***immediately!***



# Project Hug





Visit Us on the Web



[www.jasonfoundation.com](http://www.jasonfoundation.com)

# **jf** The Jason Foundation, Inc.



**Keeping More  
Than Dreams Alive.**

**One Young Person at a Time.**





# The Jason Foundation, Inc.

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*A non-profit 501 (c)(3) organization*



# Professional Contacts

Becky Kartegener- for mobile assessment

Robert Webb- Professional Development/ Training

Nicole Sheffield- Professional Development/ Training

Matthew Littlefield- Education related issues/ Prof Development/ Training

Oasis Behavioral Health- (800) 844-6435

CPS- (888) SOS-CHILD



# If I could have just **One More Day**



Our tribute to a few that represent the  
**100** lost each week to the “Silent  
Epidemic” of Youth Suicide.





# One More Day...

Every Two Hours  
Another Face is Added

Please Help Us Add

**One More Day**

and another... and another...